

QC

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Colter Wall's sound channels the legends of old **P. 4**

SHARP EATS:

New online ordering system brings local food products to your door **P. 30**

WINE WORLD:

Celebrate Robbie Burns with an approachable single malt **P. 31**

SEEING IT THROUGH

WITH BLINDNESS LOOMING, DAVE BURDENIUK IS TAKING THE TIME TO APPRECIATE EVERY LAST SIGHT **P. 5**



FREE

IN THE CITY

JANUARY 18, 2015 — 10:30 A.M.

Dashing through the snow



Madison Deschler (left) and Brent Alden (right) race during the East Lake Snowshoe Series held at the Deer Valley Golf course northwest of Aspen. The event was organized by Aspen Mountain Club. GC PHOTO BY MICHAEL TELL

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ON THE COVER P. 5



Dave Bredonuk, media relations director at Saskatchewan, has found ways to cope with the devastating effects of snowgoing blind due to a brain aneurysm. QC Photo by Troy Fleece

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Celebrate Robbie Burns Day with an approachable single malt

MUSIC P. 4



Colter Wall is a 35-year-old guitar-picking country folk and blues singer-songwriter. He also happens to be Premier Brad Wall's son. www.saskinfo.ca

QC COVER PHOTO BY TROY FLEECE

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MUSIC

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SINGER-SONGWRITER

Wall's sound channels legends of old

By Ashley Martin

He's a talented young picker with maybe three dozen songs under his belt. There's a remouser going 'round that he sold his soul to the devil: he never used to play guitar well.

But that's an old story. Here's a new one.

Different dude, a natural in his own right: rouses a sold-out crowd in Regina. He plays a hot-top, jukes a bass drum and bells out in harmony. The White Stripes' Hotel Yoruba. Jack White he is not, clad in denim, plaid and a cowboy hat.

Cole Wall hasn't said his soul. His ode to Robert Johnson's Postcard from Dixie told you to believe he has, plucking a pugnacious minor melody, voice resonant in singing a story.

*Received several phone calls quick
Because I've got something to submit
I met a man out in the sticks he good ol' Mike*

He drew a Series 90 Cadillac and wore a cap on his hip.

"I still remember my first songs being just terrible, just awful," says Wall, who started songwriting a year and a half ago.

He's come a long way since then, and longer still from his musical origins: gas as innos as a child, a prodigy for banjo and solos when he started on guitar in Grade 8, and an R&B cover band during high school in Swift Current.

"In my British youth (I guess) I was more concerned with being shrewd," says Wall, 19.

That changed in Grade 11, when he heard Bob Dylan for the first time. The song, Don't Think Twice, It's Alright.

"I remember being absolutely blown away at his writings," says Wall. "The effect that his words had on me was pretty substantial, and from that point on I kind of decided I wanted to write songs."

That was during his initial long bike into hills, roots and blues: styles he's increasingly drawn to for their authenticity.

"I think it's the most raw music has ever been and will ever be... It's not hiding behind anything, everything is just there and really exposed."

And that's appealing to a lot of people, judging by the current rock revival

"We now have musical genres that are heavily plagued entirely out of computers and machines rather than out of people, and I think I may be wrong in saying this but... Google any sort of 'reverting to the exact opposite, which is the most stripped down music there is in folk music and in bluegrass and blues music. It's just some people using instruments, sometimes just one guy with a guitar and harmonica, it doesn't get any more stripped down and raw than that."

That's who Wall is — one guy with a guitar, one a fiddle, which he recently started picking up.

After his high school bandmates moved on to university, he was "really vulnerable" at playing music.

So he started playing alone and eventually to do so, even though he has his cell-phone.

Solo, he harks back to outlaw country. Thomas Van Zandt is a writing influence. Johnny Cash is a vocal one.

"It's hard to say you share anything with Johnny Cash, because he's Johnny Cash — but we share some harmonic levels that we kind of sing the same on."

Wall on thank his dad, Pioneer Head Wall, for the introduction to these leg ends.

"He was constantly playing Wayne (Crombag) and Johnny and all these guys as a kid, and White (Nichols)" said Wall. "The exposure to that stuff at such an early age, that's a pretty important role in guiding me down the musical path that I am now following to deliver stuff."

Wall's mother, Tina, is a classically trained pianist, she provided his earliest practical experience at music, which he'd like to do professionally.

He's in his second year at the University of Saskatchewan, working on his business plan but a major career doesn't pay out. He is in general courses now, and plans to pursue an education degree.

Cole has live on Jan. 31 at Saskatchewan's Le Bateau with In With the Old and Feb. 6 at Regina's Artist Dodge with Scott Hays' band. An EP which he's recording with Jason Huns in Regina, should be out this summer.



Cole Wall grew up listening to his dad's favourite singers like Wayne Jennings. SUBMITTED PHOTO

Photo by @leaderpost.com
Twitter: @AshleyMartin

ON THE COVER

I'll use humour to try to disarm people's discomfort. — Dave Burdeniuk

MEDIA AND COMMUNICATIONS

Blindness hasn't stopped Burdeniuk

By Ashley Martin

Pasqua North, Coronation Park and Victoria Road were some of the first words Dave Burdeniuk learned to read.

They were the names of the eight or ten routes he'd take with his mother, Susan. He was three years old, and it was his job to help her get on the right bus.

She had retinitis pigmentosa, like her dad David before her. It's genetic. When Burdeniuk was four, he would stumble while entering a dark room and they suspected he had it too.

When Burdeniuk was 13, a doctor confirmed the suspicion and told him he could be completely blind by 16.

"I could see my future because I could see my mother and my great father and I knew what my life was going to be," said Burdeniuk. "I said I had a lot of time to get ready for it. It's not like this was sudden."

The disease works over time as the light-sensing cones and rods in the retina deteriorate, vision worsens.

"It's almost like it can come and go. You're fine in bright sunlight, you're not fine in a dark lobby. Are you taking it? It's more sudden because people don't realize there's something wrong with you," said Burdeniuk. "Now it's much more obvious."

Today at 38, Burdeniuk maintains some sight. He can decipher light and colour, his peripheral vision is still right. People remember him of varied hues and heights. Sometimes he can see a shadow, hold typeface on a page, but give up reading books a decade ago, which was hard.

He maintains his vision has deteriorated by one-third in the past year.

"Things will have to black out a bit, but quickly."

As the director of media relations for Leadership, Burdeniuk is often in the public eye, communicating in



Dave Burdeniuk, who started his career in radio, has retinitis pigmentosa, a disease that slowly causes the light-sensing cones and rods inside the retina to deteriorate. GO WITHIN: Sage FLORE

formation to news reporters.

He can rattle off technical jargon and numbers as though he were reading from a script. But he's not. He memorizes everything.

"People think because you don't have really thick black glasses on and you don't have a dog with you, that maybe there's nothing wrong with you," said Burdeniuk.

When he started, using a white cane three years ago on obvious indication of his disability, he says it came as a surprise to a lot of people.

That's because he came up with ways to adapt, said Susan Burdeniuk, Dave's wife. "Many people for a good part of Dave's life didn't really know that he had difficulty seeing. If it wasn't affecting what he needed to do to help (reporters) get the information they needed, then it may not have come up."

"It's not the focus of his entire life, but it is something we've had to deal with all his life so as things have changed, then we've had to become more open about some of these changes."

According to CNIB, 855,000 Canadians have significant vision loss. The employment rate for working-age visually impaired people is only 36 per cent.

♦ ♦ ♦ ♦ ♦

Like a lot of communications workers, Dave Burdeniuk got his start as a journalist.

After stints at the University of Regina in computer science, then in English and political science, he dropped out. His heart wasn't in it.

Then the Prairie Broadcast Train-

ing Institute opened downtown, giving him the opportunity to pursue a longtime passion — radio. As a 16-year-old, he'd produce his "radio" voice and talk over local stations. He once built a crystal radio from a kit. At age six, he and his sister Darlene would create radio shows, casting themselves from Sesame Street.

"I walked into PBTI and the first day it was like, 'This is what I want to do for my career' and it just lit a fire for me and I just couldn't wait to start in the media."

Continued on Page 6

I could see my future because I could see my mother and my grandfather and I knew what my life was going to be. (I've) had a lot of time to get ready for it. It's not like this was sudden. — Burdenuk



Dave Burdenuk uses enlarged text on his computer at his Saskatoon office. GP PHOTO BY TRAC TUTOR

He wanted it to be his life's career. It probably wasn't the smartest career choice, knowing that you have to read news scripts, but it was my love. I wanted to be radio. I was as fascinated by it."

Third year's choice, as they say, and that was the case during Burdenuk's career, working at three different stations.

He graduated from PRTI on Dec. 28, 1985, and began his eight years in radio four days later in Prince George, B.C., his wage cut below his newspaper job at McDonald's.

He knew people could be cruel — his mom was the front of hostility by strangers and family alike — but

it was a shock to hear from the news director in Prince George, "Bled I know you couldn't drop at night, I never would have hired you."

Burdenuk returned to Saskatoon seven after five months to work in Saskatoon.

He didn't want his disability to be an issue. He'd scout out news conference locations in advance, to help minimize the likelihood of dangerous embarrassment — trip in a wheelchair, but a parked plant, parade into a glass partition overlooking the open airspace. One does the same today in conference settings, like when he's asked to guest speak in U of R public relations or business classes.

But after 3 1/2 years at that station, his general manager took him aside.

"We're worried that your vision will deteriorate and you could be a drain on our medical insurance plan and we want you to leave," Burdenuk recalled. "It rips your heart out, and you go home and you cry and you go that to so unlike. I wanted to make the media my career — my life. I was passionate about radio."

He didn't make waves, he didn't want to make things more difficult for himself.

But as luck would have it, shortly thereafter he had an offer to join CKCK in Regina, the station had

grown up listening to. In 1989, at 26, he became the youngest news director in its history.

In 1984, with roughly 80,000 news cows under his belt, a volatile news-herd encouraging him to switch paths and he got a job as press secretary for Premier Roy Romanow.

And to begin an exciting new journey working on "the dark side," as journalists in dusty olden.

In that new role, he was the one answering — and making — the tough questions.

"If you make a mistake, it's on the front page of the paper or on the six o'clock news. It lets me tap into the media and still be part of things,"

said Burdenuk.

Being at the centre of microphones and camera lights during his inaugural screen was as thrilling as his first momentous performance as a 13-year-old, reading the Christ mass story in his church pageant.

He spent 2 1/2 years working in the Legislature, inconspicuously navigating its many staircases and dark hallways. He once followed an MLA's perfume trail when he couldn't see the way to the cabinet room door.

His disability wasn't apparent to his colleagues until he needed their help, like in a travel situation.

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It's almost like it can come and go. You're fine in bright sunlight; you're not fine in a dark lobby. Are you taking it? It's more hidden because people don't realize there's something wrong with you. —Burdeniuk

"I put it on my resume that I was visually challenged and they didn't even pay attention," said Burdeniuk. He was assumed to find people who didn't care.

After six years as executive director of communications for Saskatchewan Property Management Corporation, he joined SaskEnergy in 2002.

"He is a real leader for us on the communications," said Doug Kiffin, SaskEnergy president (CEO), and he does an exceptional job of making up taking on that (visual) challenge and not letting it get in the way from his commitment to providing the best job he can on a daily basis for Saskatchewan. I just think the most of him. Our job is to enable... that that challenge can be managed all the time."

He lives taking a complicated road and working with engineers, working with field people, working

with the president. It feels hard because he loves a challenge and he feels a way to do it no matter what the challenge is," said Kiffin.

As his vision has deteriorated, Burdeniuk's job execution has changed.

When he used to go out on site in emergencies, now he does most of his work from his office.

"You won't see me in Nemen," said Burdeniuk, though he still has emergency gear in a locker bag in his office.

"When you can't see what you're doing, you probably shouldn't be out there in an emergency situation."

Besides, it's easier to do the job from his computer and text line, which is not up to a considerable his disability than from his phone.

As a straight A student all through school, Burdeniuk would always want to study until the night before an exam. His ability to concentrate

seems just as well as he was today as he can't read, navigate or take notes on information he's meant to glean and execute.

"There's huge gaps where there's just nothing," said Burdeniuk, who guesses he has maybe a year of vision left. "If it would just stop, I could get used to it, but it's like shopping. Suddenly I can't see my office and line phone."

In high-stress situations — like when a natural gas disturbance for hours for a week at a cost of \$30 million (Purdie home in October) or when a house explodes (Regina Road in December) — Burdeniuk works 20-hour days until the situation settles.

"They're challenging times, during which the optic nerves and the brain just shut down at the end of the day and say, 'I've had it, I can't handle any more,' and it's almost like you're in a fog."



Dave Burdeniuk with his family — wife Brenda, daughter Telle and her husband Stephen Kiffin, and daughter Cassia — at Telle and Stephen's wedding in July 2014. Submitted photo

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People think because you don't have really thick black glasses on and you don't have a dog with you, that maybe there's nothing wrong with you. — Burdeniuk



David Burdeniuk of Saskatchewan tells to the media about a Saskatchewan project in March 2010. (CBC photo by David Schaeffer)

For all the difficulties surrounding his job — especially in these times he has to work from home in his 34/7 on-call role — “Randa is my eyes.”

Randa Burdeniuk calls it life. Dave was working at the Albert and Dewdney McDonald's she'd applied to work at the Albert North shop, because it was closer to home. But in a rare move, they transferred her application.

“We would work early Saturday mornings together,” said Randa. “He was tall, dark and handsome, he was brilliant and had a great sense of humour.”

“We got lost and fell in love under the paleis arches,” said Dave.

When the stars they were in, they felt they were meant to be. “I knew that he was my soul mate,” said Randa. “I knew from the moment that we started dating that I would have this wonderful life with him and that we would be going on this journey together.”

Their first date was Dean's Grade 12 grads

dinner from Scott College. They've been married 36 years.

Dave's disability was a consideration from the beginning. He's always been right hand. He'd pick her up in his left hand to go out, she'd drop him off after dark and take the truck home.

But at the same time, it was never a factor. “I never questioned it because I loved him at that moment. I love him more now than I did then, and I know that whatever he would have to do, we would face together,” said Randa, herself a former journalist.

“She never has looked at this as a burden on our family or on our relationship. She just says we can do anything together, we can overcome anything together, we can take on any challenge together,” said Dave.

Randa drives him to work and picks him up every day. When he does regular lifts with his left TV morning shows, she's right there with him — “tense days,” they call them. She helps him scout out those aforementioned online job locations.

Continued on page 18



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My heart aches when there's something that he used to be able to do that he isn't able to do
— Randa Burdenluk



Dave Burdenluk made relations dire for Saskatchewan's energy sector after he left his office for work anyone. "You won't see me in Regina," he says. "When you can't see what you're doing, you probably shouldn't be out there in a hazardous area."

At home, as he's on cell 367 for work, she helps him read the text on his laptop, which is so much smaller than his office monitor.

"I don't want to give the impression that it's always easy because it isn't," said Burdenluk. My heart aches when there's something that he used to be able to do that he can't do."

From the time they were soldiers, their two daughters Trefle (now 34) and Cassie (18) were taught there were certain things their dad couldn't see and do.

As he did with his own mother, Burdenluk would take the girls on the bus.

"We would have great adventures," said Dave. "Teaching them how to load you, how to guide you, and they always look at very very seriously."

The family would sometimes accompany him on work trips out of town. They'd visit Dave's office.

Sometimes they'd even do the work — his daughters would hand out news releases to

media on occasion.

Now Trefle is on the other end of that, as a reporter for Saskatoon's news/talk CHRM radio.

"She's the only reporter who's ever told me she's loved me in an interview," Burdenluk joked.

♦ ♦ ♦ ♦

The men has a good sense of humor in part. It's ungrated.

Working in media, over the straight men as a news anchor, he'd write jokes for the DJs who were allowed to have more fun on air.

By the time World AJ Yankovic came along, Burdenluk had been writing jokes long years.

But newsreading is also a coping mechanism. His grandfather Dave told a lot of jokes. Burdenluk guesses for the same reason, he does — to be more at ease with his own loss.

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I never go to bed without looking into Randa's eyes (and) looking at her face, because there will be a time when I won't be able to see her face. I never want to forget that. — Dave Burdenuk

Even though cataracts slowly led to complete blindness 18 years ago, he makes light of the surgery that corrected the problem: "I always joke that I went off to a private clinic and came back with implants."

His light-hearted approach disappears, however, in the office.

"If I'm talking to people, I'm probably because I think it's an eye-related matter and not I'm having any great conversation", dealing with people. "There was a space here right beside the reporter and they were both about the same height, so I was pretty sure I was looking in the right direction."

Reluctantly, opening his hand and he tries to be strong as he talks to his last bit of sight.

"There's so many down moments and it doesn't take a lot sometimes to cry," said Burdenuk. "I'd use his name to try to focus people's attention."

For those moments of inferiority and/or downcast ignorance, he tries to understand and stay cool — like when two TV reporters recently asked whether his white cane was a eye detector, and one confused situation had always frustrated him.

"The thinking, 'Well it sure hasn't frustrated me,'" said Burdenuk.

He's done with many stereotypes.

Burdenuk doesn't go, let alone golf well, even though there are blind people who do.

He doesn't read books.

People assume he's either serious or sophisticated. Not exactly though he relies on them more than he once did. He has a "spidey sense" that alerts him to obstacles that might endanger him.

"I can't hear a butterfly pass go with me, or anything like that," he said last "weekend is everything."

He used to rely on his sense of smell, but a scent-free workplace makes that derive useless.

Burdenuk is not a Paralympian, the idea that every blind person is as it is absurd as the stereotypes surrounding Burdenuk's profession.

"I'd have to have those great computer say Charles about the dog and all these other things to be what a PR or communications person can do,



Dave and Randa Burdenuk have been together since they were 15 years old and have been married for 26 years. (APRIL PHOTO)

which are really far from reality."

Burdenuk knows communication. Point a camera in his face and hard questions at him, and he's ready.

His concerns surrounding work are things most people probably wouldn't consider.

"Can I safely get to the bathroom without tripping over a delivery cart? Can I not embarrass myself by sneaking into a place? My biggest fear is getting from the car to my office or from my office to the lunch room or from the kitchen area to the bathroom. Those are my challenges."

"I never trip over the water fire hydrant twice, but they really hurt. I'd really be angry if I wasn't using a white cane, people would think you

were sick or drunk or something."

As cautious as he likes to be, he also ventures out of his comfort zone.

"Those things aren't easy," said Randa, "but we just hold each other's hand and we go let's do this."

Last summer, the couple went up hiking in Cypress Hills.

Party first above the trees, Dave was the first of the group to have a slide down from the top line.

"That's what I love about him, it's there's always this sense of adventure this sense of fun," said Randa.

"You have to keep pushing your self otherwise it can take you over and everything becomes unsafe and everything becomes scary," said Burdenuk.

He does his best to keep himself from overthinking him.

"If I knew it was a hiking time, then I can almost feel the distance and I don't want to feel my own fear."

He seems to live in the moment and cherish the little things.

When he and Randa are in the car, it's a given that she pulls over for a moment, because it could be his last one.

"I work really hard to memorize things that people would take for granted." — the colours of a sunset glass blowing in the wind, first on a fence.

"I never go to bed without looking into Randa's eyes (and) looking at her face, because there will be a

time when I won't be able to see her face. I never want to forget that."

In July, Burdenuk walked his daughter Trella down the aisle; he's not sure he'll be able to see to see them, but Randa crosses that bridge when I come to it.

"I just try and live but I'm hoping I live a long time. And I'm hoping I have a strong memory so I get very old because I'm going to need that so that somebody can describe to me what the world around me looks like. I guess I'm scared but I'm determined."

He hopes to see his four grand-children. "I may not be able to see them, but I'll cross that bridge when I come to it."

He hopes to see his four grand-children. "I may not be able to see them, but I'll cross that bridge when I come to it."

He hopes to see his four grand-children. "I may not be able to see them, but I'll cross that bridge when I come to it."

winter 2015

wellness

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*Advice
for Life*

Flaman Fitness grows strong presence in marketplace

A company that was established in 1999 as a small town agricultural retailer has done some cultivating of its own. Flaman Sales expanded into the home gym market and has grown to become the largest fitness equipment retailer in Western Canada.

The business began selling home gym equipment in the early '90s when company founder Frank Flaman recognized the growing demand for health and fitness products. He started offering a few treadmills at the Flaman Sales agricultural store in Sourley and, just a decade later, the company dominated the fitness equipment market — and it continues to grow. In Saskatchewan, there are now Flaman Fitness locations in Regina, Saskatoon, Prince Albert, Yorkton and Moosehorn, with dealers in North Battleford and Melfort. The company also has stores in British Columbia, Alberta, Manitoba and Ontario. Regina store manager Scott Thompson said Flaman's customer service has led to the company's success by helping to create a loyal customer base. "We have high quality equipment from entry level to commercial use, and if you have issues or problems down the road, all you have to do is call us and our guys come out to look after it," he said. "We don't have to deal with the manufacturer — you can deal directly with us. That's what people value the most."

Flaman Fitness outlets are easily recognizable by the iconic animated treadmill walker on the roof. In Regina, the character works out step the store on Albert Street just south of Dewdney Avenue. Flaman Blair, as he is known, can be seen wearing a variety of team uniforms and other clothing to match the changing seasons as he drives attention to the business.

Two decades ago, Flaman Fitness began operations in Regina in the basement of extreme hockey, and was open just during the winter months. It has been in its present location for 13 years, offering items such as treadmills, ellipticals, bikes, home gyms, weight equipment and the popular Bowflex Treadclimber. Most customers include Recreation, Spirit, Neuchâtel, Progression and Schenck.

To help the younger members of the family stay fit, Flaman Fitness offers playground equipment to schools, communities and families. The company began selling playground equipment just two years ago, but already municipalities and organizations, such as Cipes, Colevalde Park, Bonfield, Collegedale Estates and the Friends of Batoche historical site, now provide Flaman playground equipment for their younger citizens. Offering this product was part of a natural evolution for Flaman. "We started with treadmills, and people started asking about playgrounds, so we made the decision — it's a good fit," said Thompson. "And the company can provide full installation of the playground facilities, including safety surfacing."

Flaman has not abandoned its significant roots, however. It has a multitude of farm equipment and trailer dealerships across the Prairie provinces. Company owner Frank Flaman shares the benefits of fitness through charity and has established a foundation dedicated to

helping children and families in need. One of the philosophies of the foundation is, "Someone is need someone to read, whether they live just down the street or thousands of miles away," and Flaman has demonstrated his commitment to that belief. This generosity has included donating \$1 million a year to organizations, such as helping those affected by the 2011 West-northwest quake and contributing to many charities in Western Canada. Several Regina organizations, including the Early Learning Centre, Visitation House and Hope's Home, have benefited from Flaman's generosity.



Flaman Fitness, 1514 Albert Street, Regina, SK, S4P 1S4

...Fitness in my health

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SASKATCHEWAN STORES:

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REGINA 1514 Albert Street (403) 785-0152	PRINCE ALBERT Box 129 (306) 785-0152
MOOSEHORN 101 1st Ave (306) 458-0152	WATKINSVILLE 701 1st Ave (306) 458-0152

FLAMAN Fitness

What lies below

By Carol Todd
L-P Specialty Products

Snow can be the bane of those of us who live on the prairie. Unless you're into a sport that involves it, most of us just want to get rid of the stuff. Now there's even more reason to think about those fuzzy white crystals this time of year, or more accurately, what lies beneath them.

The danger that hides under the snow is mold, and its spores, or reproductive cells, can cause real problems for allergy and asthma sufferers. If you've ever noticed a whitish-gray fuzzy mat laid behind on the ground when the snow melts, you've found the culprit.

Snow mold is actually a fungus. It thrives under most conditions at temperatures between zero and seven degrees Celsius, which is right about only spring here in Saskatchewan. Gray snow mold (*Sclerotinia borealis*) is the most common in our area. It usually attacks only the above-ground blades of grass, which may not cause a lot of damage to the lawn, but pink snow mold (*Microdochium nivale*) can be much more damaging, as it also attacks the roots of the grass. Fortunately, it's not as common here as the gray version.

When the snow melts, the fungi release their spores into the atmosphere, where if breathed in by someone with asthma or allergies, they can cause annoying, wheezing, itchy eyes and, in more severe cases, breathing difficulties. The Lung Association of Saskatchewan says that reactions to the spores can be especially severe for allergy and asthma sufferers. "Snow mold causes an allergic reaction. It can cause a very mild allergic reaction or, in people with asthma where mold is one of the things that triggers that asthma, it can actually be quite serious," said Jill Hubick, a registered nurse, and health promotion coordinator and respiratory educator with the association.

While I won't start clearing properties until the snow melts, now's the time to take preventive steps. Snow mold doesn't actually live in the snow, but in the ground just beneath it. It killed by warmer, so as ensuring the snow in your yard will melt quickly and clearly in the spring will help both allergy sufferers and the lawn. Don't let snow build up in large piles and, once the weather warms up, start raking to spread it around. The sooner it all melts, the sooner you can stop worrying about snow mold at all.

Hubick advises people who are sensitive to snow mold to let someone else do the work. "Like anything that makes asthma or allergies worse — a trigger — avoidance is best if possible." If they can, they should wear clothed shoes and ask someone else to do that, she said. People who do have to be outside



Snow mold, which lives in the ground just beneath the snow, can cause problems for allergy and asthma sufferers.

when the spores may be airborne should consider wearing a mask, Hubick added. And, she reminds them to continue taking their regular medication to control their allergy or asthma and may, in fact, need additional medication. "During periods when snow mold is problematic, their doctor may suggest increasing their everyday asthma medication, and some people may also need allergy medication in addition to their asthma medication," she said. Hubick also reminds people with severe asthma to always carry their "rescue" medications, such as inhalers, for emergencies.

Just as there is no cure, only treatment, available for the human response to the mold, so too is there nothing available to cure your lawn. None of the anti-fungal products available for our gardens will work on snow mold, homeowners can only apply a good quality fertilizer in the spring and hope their lawns recover. In severe cases, or if lawns are affected with the pink version of snow mold, they may have to be reseeded.

If you're concerned about snow mold, the best time to take preventive actions is autumn, when homeowners can ensure their lawns are out short and be fertilized if necessary, and that there are no leaves or other debris on the lawn to encourage mold growth. Other than that, it's just a question of making the snow go as quickly as you can. So do that, spread the snow around so the duff doesn't pile up too high and it melt as quickly. Something we can all hope for.

Smart alternatives Arts and Health takes holistic approach

By Edna Manning
For L-PSP Creative Features

The community of Dundas in home to a new arts and healing centre that is now open for consultations and workshops. With a background and extensive training in the arts and holistic health, owner Lucy Weston is excited about helping people with health issues and guiding them to have more control over their own health.

"Using a holistic approach means you're not necessarily looking just the symptoms alone. You're working through to the root of the issue and exploring ways to solve health problems by determining all the reasons for those symptoms," said Weston.

She said the human body is inherently complex and many factors contribute to achieving health and wellness. Physical, mental, emotional, spiritual and philosophical considerations all have to be considered.

"Part of the holistic approach is also helping people own their own health — making decisions [regarding] how to go about achieving the goal and empowering them to make the decisions about where to go next. This helps them gain strength and confidence, and they will feel they have some control over the situation," she said.

Weston's clients include those with ongoing health concerns such as autoimmune, dermatitis, Crohn's disease, arthritis, PMS, menopause, weight loss/management or diabetes. Nutrition, dietary advice and strategy will be discussed as well as prenatal and postnatal support for mothers and babies. Even Parkinson's — maintaining a healthy lifestyle to avoid address is another topic of discussion.

Weston will also provide workshops in art therapy and seeking for health. She prefers to use a gentle process to guide her clients towards healthier mind. "I first ask what their coping habits currently are, what foods they enjoy and what space

and habits they like, for example, I don't want to shock someone who's been eating junk food every day and let them go off to bed. They'll be using that information to make the next steps."

Art therapy workshop offered towards providing an outlet for stress or grief. The classes are facilitated explanation process that clients discuss things with themselves, whether it's to health or simply a hobby talent. "Sometimes, this is a way to express something they can't articulate. Art good way to put it out there and work through what is troubling you."

Weston's interest in health goes back to her upbringing and influences while growing up in England. After completing her degree in photographic design, she moved to Canada, where she launched into adult research in natural health studying, attending seminars and enrolling in a multi-course at SAST. She took a course in Kundalini with the Wild Rose College Alberta.

"More and more people are interested in holistic, transdisciplinary, naturally," she said. "Quite often, we're talking about emotional, psychological or philosophical issues, sometimes just reading to their problems," she said.

The Dundas Arts and Health is open for consultations on an appointment basis. Visit www.englishhuz.com

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Lucy Mielke, founder of the Des Moines Arts and Healing Centre, is helping clients take control of their health through a unique holistic approach (photo: STEPHEN HARTMAN/123ARTS)

To make sure your family is safe from radon gas, purchase a testing kit and use it during the winter months, when closed doors and windows can allow concentrations of the gas to build up.



Winter woes

By Carol Todd
L-P Specialty Products

As if all the other seasonal hazards of colds and snowdrifts and icy roads weren't enough, winter is also the time when radon gas can seep into our lives.

With the world frozen and carpeted in snow, the gas in the soil underneath finds its way into our winterized homes, where it can build up and cause problems. The upside is that it is also more easily detectable in the winter. Radon is a radioactive gas that is found naturally in the environment, its tasteless and odorless, and is completely undetectable without the right equipment. It is, however, the second leading cause of lung cancer in Canada.

The Health Canada website says that 16 per cent of lung cancer deaths in Canada are attributable to radon exposure. But, not everyone exposed to radon will get cancer, and occasional exposure doesn't cause any symptoms. The risk depends mainly on the level of radon and the length of time of the exposure. Radon is one of the most dangerous health threats, with Health Canada saying that smoking and high exposure to radon combined lead to a one in three risk of cancer; that figure for non-smokers is only one in 20.

The results of a two-year study by Health

Canada's National Radon Program, which were released in 2010, showed Saskatoon has a slightly higher percentage of homes with radon levels above 200 Bq/m³ (16.3) than the average of all provinces. Radon is measured in units called "becquerels per cubic meter" (Bq/m³) and Health Canada recommends standard measures to be taken at levels above 200.

Radon moves easily through the soil, seeping into the atmosphere or into buildings through cracks in basements or gaps around pipes and cables. In the winter, with doors and windows kept closed, concentrations of the gas can accumulate. In the open air, it disperses enough to not pose a danger.

The Lung Association of Saskatchewan recommends that homeowners test for radon during the winter months, and seek a testing kit for \$50, which also includes an analysis by the Saskatchewan Research Council. The kits are easy to use and the results are sent to the homeowner afterwards. If they show high radon levels, steps can be taken to block the radon from coming into the home.

For more information, visit www.lung.ca/en/pdf/publications/your-lungs-winter.html information on radon (enr2014010126). Visit www.hk.ca/indoorair/guidelines/ignores_droptec-eng.php.

wellness

Is your pet making you sick?

By Hilary Kinnison
L.P./SP Creative Features

Who hasn't looked their pet pouch or feline in the eyes and said, "You complete me." Well... we come closest. Our devotion to our pets is undeniable. But those adorable fur-balls couldn't possibly make us sick, could they?

A new book published by the Ontario Veterinary College, *Sick! Curious Tales of Pet and Prey: How We Share with Animals*, explores the transmission of disease from animals to humans. There's no denying concern over the proliferation of diseases like E. coli, West Nile, bird flu, swine flu, rabies, chronic wasting, mad cow, Lyme disease, etc. "We can't solve these kinds of diseases by just looking at the people; we also have to look at the animals, the community and the environment, and how they interact," said editor and contributor Dr. Elizabeth Potter. "They all interact more and more as we encroach on wildlife areas, and also as people are living more and more closely with their animals."

A dean at the Ontario Veterinary College, Potter said the volume has real strength in infectious diseases and public health. A lot of people have wandered from the college to do international work and development. Some fascinating stories emerged, and *Sick!* is a collection of those far-flung tales.

For example, there's a story about rabies in India and someone developing a program there. There's one on tapeworms and epilepsy in Kenya and the transmission of tapeworms from pigs to people — in people it can migrate to the brain and cause epilepsy. Another story deals with tuberculosis in Ireland involving cows, the Irish boggers and humans. The book discusses interventions as well.

Storke says it reveals how much veterinarians contribute to public health and how complicated those issues are. Veterinarians demonstrated humility, seeing and an understanding of the complexity and cultural issues.

"People may be suspicious of health workers, both in our own community and abroad, whether it's veterinarians or people bringing their children in if they're sick, and being concerned that maybe if they bring their chicken in it will be killed, but they need it for their livelihood."

Some of the stories conveyed to us were fascinating in the media. A medical journalist shows how diseases is transmitted. "It's not people will find it a really interesting read. They're short stories so people can just pick it up and read one or two and then come back to it," said Storke.

Dr. Andrew Potter, director and CEO at

VIDO-InterVac at the University of Saskatchewan, said vaccines continue to be the best way to attack infectious diseases. "We work on prevention of diseases primarily and vaccines specifically, simply because, historically, vaccines have proven to be the single most effective way of preventing disease, whether it's in animals or humans. And we've been using them for a long time, thousands of years, although only a few hundred in western cultures. They've got a proven track record and they are sustainable as well."

According to Potter, about 70 per cent of new diseases of humans are zoonotic (transmittable from animals to humans). "If you want to break the field of human health, and you don't look at animals, you're eliminating a huge part of the equation and a huge part of potential ways to take care of threats of diseases in humans. We need to look at both sides of the equation."

He said new emerging infectious diseases, as well as old resurgent ones, have two things in common. "Virtually all of them come from animals — no big surprise. But the other thing is they require a high level of confinement for us to be able to work on them. Most people in Canada and indeed most scientists in the world can't really do a lot of work on them in the lab because they don't have the facilities. We decided 10 years ago or more to build this high containment InterVac facility which allows us to actually work on a lot of these things, which has been just great since it opened last year, to allow us to rapidly do things."

Much of the work at InterVac involves cattle, but this can cover a wide scope. They developed a vaccine for E. coli with colicinogenicity of UPEC. "A specific paper came out last year that showed the use of that vaccine in cattle would reduce the incidence of disease by about 80 per cent. So it can have a phenomenal impact."



Sick! illustrates disease as zoonotic and contributes to Sick!, a collection of stories. Much of the relationship between animals and humans with respect to infectious diseases.

and Potter. The healthier the animals in our environment, the healthier our pets will be and, by extension, we ourselves.

Whether it's just the neighbour walking his dog, humans and animals occupy the same spaces on the planet and are going to interact. "Misconceptions don't carry people, they snow-bolter really easily," observed Potter. He doesn't really worry about the ones we know about because everyone's on the lookout for them. "I'm worried about the ones like SARS that nobody has a clue even exist."

Storke and Potter agree that the risk of getting sick from your pet is pretty low. Some precautions can be taken, like keeping your pets to the vet to make sure they're healthy, getting them vaccinated and simply washing your hands.

"If somebody is immunocompromised — they're undergoing chemotherapy like that — you would want to be more cautious," said Storke. He says somebody also change the cat's litter box, keep your pets clean and walk them on a leash. Pregnant women should also take precautions.

SASKATCHEWAN TAKWON-DO FEDERATION INTERNATIONAL

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Simply Meat Weight Loss and Wellness Center
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Melissa Meier
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(306) 787-2826
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EVENTS

What you need to know to plan your week.
Send events to QC@leaderpost.com

MUSIC

Wednesday, Jan. 21

Wednesday Night Folk: Chad Kichule
Buschwickler, 2205 Dewdney

The Alky Danks
Leopold's Tavern, 2330 Albert St.

Thursday, Jan. 22

Piano Bar
Artful Dodger, 6041 11th Ave.

The Blackdowns Party Band
The Pump, 641 Victoria Ave E.

Jack PM Battle of the Bands
McNelly's, 2226 Dewdney Ave.

Friday, Jan. 23

Ark Fridays
VGR, 1475 Toronto St.

Weekly Down Circle
Instruments provided
7:30-9 p.m., The Living Spirit Centre, 3040 Down St. East
Mesa, 200-550-3971.

Big Chill Fridays
The Lancers, 4529 Gordon Rd.

Dumb Angel and Palm Trees
Bradyway, 1631 11th Ave.

Johnny Summers Quartet
Bip in Le Sisters 3450 Hilda St.

The Blackdowns Party Band
The Pump, 641 Victoria Ave E.

Glass Talker, Revenge of the Trees
Ovation's, 1947 South St.

Darcy Playground
McNelly's, 2226 Dewdney Ave.

Jonas
Edwards, 2300 Dewdney Ave.

Saturday, Jan. 24

Open Acoustic: Jim
3:30-5 p.m.



Open Clear Talker at Ovation's on Friday. Photo by Chris Gaudet

Bradyway's Lounge, 1947
Bradyway Ave.

All Night Pull-In
Bradyway's Lounge, 1947
Bradyway Ave.

Concerto De Camera
Regina Symphony Orchestra
Bip in Le Sisters 3450 Hilda St.

Legends in Concert: A Tribute to Stan, Cleo and Red
Cantina Regis/The Lounge
1940 Saskatchewan St.

Jonas
Edwards, 2300 Dewdney Ave.

Darcy Playground
McNelly's, 2226 Dewdney Ave.

The Blackdowns Party Band
The Pump, 641 Victoria Ave E.

Revue in Hazzard
The Lancers, 4529 Gordon Rd.

Local Boss Sound Syndicate
Artful Dodger, 1631 11th Ave.

Open Jam
Every Sunday 3-8 p.m.
Maja Club, 638 Victoria Ave.

Concerto De Camera
Regina Symphony Orchestra
1:30 p.m., Government House,
4607 Dewdney Ave.

Monday, Jan. 26

Monday Night Jazz & Blues
Shane and Elhan Smith
Buschwickler, 2205 Dewdney

Thursday, Jan. 27

Karaoke
McNelly's, 2226 Dewdney Ave.

Greenwood, Marshall Burns
Ovation's, 1947 South St.

VISUAL ART

Haps
The most exhibition looks at various ways that contemporary artists interpret and explore the concept of hope. The show features a diversity of approaches to the topic from delicate to raw and direct, courtesy by Holly Tag Reception Jan. 21, 7-9 p.m. Exhibit until Jan. 23. Art Gallery of Regina, Neil McNeil Civic Arts Centre, 240 Saskatchewan St.

Troy Coulterman Digital Handshake

Exhibition examines our uneasy relationship to technology and imagine ways it—and we—might adapt. The first major solo exhibition by Regina-based sculptor Coulterman. Until Jan. 25. Mackenzie Art Gallery, 3475 Albert St.

Contemporary Canadians: The Artists of Scott Nicholson Fine Arts
Features works of art that portray the essence of contemporary Canadian fine art. Until Jan. 21. Regis Centre Crossing, 1621 Albert St.

Billene Velikov: Splendid
Velikov's work explores how perceptions of "Canadianess" are constructed. The photographs, turn and position, depict Velikov as a symbol of glorified Canadiana. Until Feb. 4. Dunlop Art Gallery—Sherwood Village Branch, 6211 Rochdale Blvd.

Conting the Imagination
Theatre the art of creating from its roots in Act and the ancient Near East to works that span the 20th century. Until Feb. 6. Mackenzie Art Gallery, 3475 Albert St.

Landscape and Sky, People and Place: Contemporary Canadian Fine Art
The Artists of Scott Nicholson Fine Arts
Until March 23. Government House, 4607 Dewdney Ave.

Landscape and Sky: Contemporary Canadian Fine Art
The Artists of Scott Nicholson Fine Arts
Until April 23. Regis Centre Crossing, 1621 Albert St.

Assembly Gallery
2200 Smith St.
Open Tuesday to Friday, 10 a.m.-5:30 p.m., Saturday 10 a.m.-5 p.m.

Mata Gallery
[Formerly Mystica] 104—2300 Broad St.
Open Tuesday to Saturday, 11 a.m.-6 p.m.

Neutral Ground
4200-4656 South St.
Open Tuesday to Saturday, 11 a.m.-5 p.m.

Oakland Gift and Fine Arts
Gift and art linkages by Christine artists Linnea Jung and Kasey Ryan
2302 South St. Open Monday to Saturday, 10 a.m.-5 p.m.

COMEDY

Post the Post
Jan. 23, 9 p.m.
The Club at the Exchange
3631 Eighth Ave.

The Laugh Shop
Live stand-up every Saturday night, 9:30 p.m.
Barnes Hotel, 1416 Victoria Ave.

PERFORMANCE

Living in The Spaces
Jan. 24-Feb. 8
Globe Theatre, 1821 South St.

Salt Baby
Jan. 24-25
Globe Theatre, 1821 South St.

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EVENTS

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For more information, visit queercitycinema.ca

Thursday, Jan. 21

Don Abbey will tell talk and book signing
1-2:30 p.m. U of I in Middle Centre 17th Parallel Gallery

Flowers (Jessa Dobbin), The Human Factor (Anja Liffick), Homage (Kris Greg), Dirty Parts (Jessa Dobbin), How F***** Loud Do I Have To Yell (Dennis Morinowski)
6 p.m.-12 a.m. Neidhart General Gallery, 1656 South St. (second floor)

Friday, Jan. 22

Art for Lunch (Jessa Dobbin)
Noon-1 p.m. U of I in Middle Centre room 508

Breathe For Me (Martin O'Brien)
8-11:30 p.m.
Artisan, 2627 13th Ave

Saturday, Jan. 23

Performers' round-table discussion
Noon-2:30 p.m.
Artful Dodger, 1678 11th Ave

Consider the Lobster (Anja Liffick), Mesmeric Remains (Dennis Morinowski)
6-10:30 p.m. Artisan, 2627 13th Ave

DANCING

Detno Dance Party
Every Sunday
Nichecity, 3336 Dewdney Ave

OTHER HAPPENINGS

RCMP Sergeant Major's Parade
Wednesday, 12:45 p.m.



Finalists compete at a Modeling Expo on Saturday at the Cornelia Arts Centre. GETTY IMAGES/MIKE MASON

RCMP Depot Division, 5600 18th Ave

Nature Regime event
Effects of Oilfield Development on Grassland Songbirds
Jan. 21, 7 p.m.
Saskatchewan Science Centre, 2193 Powerhouse Dr.

Reconciliation: the children's version
Woodrow Lloyd Lecture
Featuring Cindy Blackstock, executive director of the First Nations Child and Family Centres of Canada. There is a growing conversation about reconciliation in Canada and addressing contemporary

inequalities and injustices facing First Nations children is a vital part of the conversation
Jan. 21, 7 p.m.
U of I Education Building 1061

A Wedding Wrap
Jan. 24, noon-9 p.m.
Cornelia Arts Centre, 260 Lakeshore Dr

A Night of Fun
Seppie silent auction, entertainment and dance. Call Keri Gentry at 545-3463. John/Neely at 545-1160 or Anita 543-6421 for tickets (\$22)
Jan. 24, 6:45 p.m.
Our Lady of Peace Parish, 425 Broad St. N

EVENTS

PHOTO: KEN MACFARLANE FOR THE ALZHEIMER SOCIETY OF SASKATCHEWAN



Port Ken MacFarlane will be part of the Robbie Burns celebrations at Skawmcken on Saturday afternoon. BY DENISE SCHWARTZ

Robbie Burns & Bushwacker Birthday Bash

Highland dancing performance, Celtic reels with The Tilted Kilt, and pipes and drums, complimentary haggis, neeps and birthday cake, the tapping of the hitherby Frisk, Burns' lyrics, poems and overview from Saskatchewan playwright Ken MacFarlane, Bushwacker 19th hole sale. \$5. Jan. 24, 6 p.m. Bushwacker, 2220 Dewdney

Saskatchewan Fashion Week Launch Party

Jan. 24, 8 p.m. Karlo's Lab's Photography Studio, 1515-66th Ave.

Walk For Memory

Hosted by the Alzheimer Society of Saskatchewan. Jan. 25, noon-2 p.m. (Registration begins at 11 a.m.) U of R CHHS

Monthly Potluck Supper

Held the fourth Monday of every month, for singles, widows and widowers. Call 306-543-4591 for more info. Jan. 26, 5:30 p.m. Regine Senior Citizens Centre,

2424 Eighth Street SE.

CheerDay Challenge

Drop-in gathering of board game enthusiasts. Every Tuesday, 6 p.m.-midnight. Gordon Plaza, 545 Albert St. N.

TEDxSaskatoon: Food For Thought

Presenting: Geriatric Caregiver in South Central LA by Ben Freley and Obesity + Hunger + I: Global Food Issues by Ellen Gutfreund, with group-led discussion and networking to follow. Jan. 27, 8 p.m. in Laramie Hall, 4329 Gordon Rd.

#SPORTS

Women's Basketball

U of R Cougars vs. Alberta. Jan. 23, 6 p.m. U of R CHHS

Regine Girls vs. Moose

Jan. 23, 7 p.m. Brendt Centre, Ennis Place

Women's Hockey

U of R Cougars vs. UBC. Jan. 23, 7 p.m.

Co-operatives Centre, Ennis Place

Men's Basketball

U of R Cougars vs. Alberta. Jan. 23, 8 p.m. U of R CHHS

Women's Basketball

U of R Cougars vs. Alberta. Jan. 24, 6 p.m. U of R CHHS

Women's Hockey

U of R Cougars vs. UBC. Jan. 24, 7 p.m. Co-operatives Centre, Ennis Place

Men's Basketball

U of R Cougars vs. Alberta. Jan. 24, 8 p.m. U of R CHHS

#FOR FAMILIES

Stones and Straws

Wednesday, 1 p.m. Complex Green Southland Mall, 3025 Gordon Rd.

Drop In/Involvement Playground

Friday, 9-11:45 a.m. Southbrae Centre, 118 Sunset Dr.

Alzheimer Society

SASKATCHEWAN

Spotlight on Research

Join us for an evening to learn about current research focused on finding a cure and improving quality of life for those living with dementia.

**Tuesday,
January 27, 2015
7:00-9:00 p.m.**

**Wascana Rehabilitation Centre
Auditorium**

Keynote Speaker:

Dr. Darrell Mousseau

Saskatchewan Research Chair in Alzheimer's Disease and Dementia
Presentation

Research update:

The link between depression and dementia

Register for free & in advance:

1-800-263-3367

www.alzheimer.ca/sk

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LEADER POST

EVENTS

Wednesday, 5-7 p.m.
Sweet Ambrosia Bakehouse,
230 Winnipeg St. N

Drop-in crafts and gym
Treats for youth aged
5-16, Thursday, 4-6 p.m.
Eastview Community Centre,
875 6th Ave

Drop-in Inferno Playground
Friday 9-11:30 a.m.
South Leisure Centre, 170
Sismet Dr

**Mom and Tot Bored Meet-
ings**
Wednesday Kate Munk, 308-
216-3571.
Friday, 10-11:30 a.m. Early
leaving Family Centre, South
Colchester, 3350 7th Ave

Build and Grow Clinic
Build a special feature project.
For children ages 5 and up
Saturday, 10 a.m.
Lower, 4300 Gordon Ind.

Michaela Kelly Club
Saturday 10 a.m.-noon
2018 Prince of Wales Dr.

Family Favourite Film
Enjoy a favourite film for just
\$2.50.
Saturday, 11 a.m. Galaxy Cinema
East, 2963 Powellhouse Dr.

Family Activities
Saturday and Sunday, 2 p.m.
Saskatchewan Science Centre,
2963 Powellhouse Dr.

Family Studio Sundays
Sunday, 2-4 p.m.
Mackenzie art gallery, 3675
Albert St.

Parent and Preschooler
Jungle Gym
Monday, 9:30-10 a.m.
Al Ritchie Family Wellness
Centre, 645 14th Ave

Science Time for Totz
Interactive workshop aimed
at early learners
Tuesday, 10:30-10 a.m.
Saskatchewan Science Centre,
2963 Powellhouse Dr.

Drop-in crafts and gym
Free event for youth aged
5-16, Tuesday, 4-6 p.m.
Eastview Community Centre,
875 6th Ave.

**Mike the Knight in the Great
Scavenger Hunt**
Jan. 27, 8:30 p.m.
Canisius Arts Centre

MUSEUMS

Alta World School Museum
160 9th Ave
Tours by appointment only
(306-523-3000).

Civic Museum of Regina
1375 Broad St.
Tuesday-Friday 10 a.m.-4
p.m. Saturday noon-5 p.m.
Closed Sunday and Monday.

**Government House Museum
& Heritage Property**
4807 Dewdney Ave.
Tuesday to Sunday 9 a.m.-4
p.m.

ICMPP Heritage Centre
9907 Dewdney Ave.
Open 11 a.m.-5 p.m. daily.

Regina Firefighters Museum
3100 Ross Ave.
Tours by appointment (306-
777-7744).

Regina Floral Conservatory
14505 4th Ave.
Open daily, 1-4:30 p.m.

Royal Saskatchewan Museum
2645 Albert St.
Open 9:30 a.m.-5 p.m. daily.

**Saskatchewan Military
Museum**
160 9th Avenue St.
Open Monday and Tuesday,
7-9 p.m., or by appointment
(306-347-9345).

**Saskatchewan Science
Centre**
2963 Powellhouse Dr.
Tuesday-Friday 10 a.m.-5
p.m. Saturday-Sunday and
holidays, noon-6 p.m.

Closed Mondays

**Saskatchewan Sports Hall
of Fame**
2206 Victoria Ave.
Monday-Friday 10 a.m.-6:00
p.m. Closed weekends.

FILM

Climate Politics Begins
Oranienheim — about the fight
over Iceland's resources
Jan. 21, 7 p.m.
Artful Dodge, 1831 18th Ave.

Walking the Gemini Six
Way to Santiago
Documentary

A profile of six pilgrims taking
the 500-mile Gemini Six
Santiago pilgrimage, leading west-
ward through Spain to the city
of Santiago de Compostela.
Travelled by millions for over
a thousand years, the journey
is arduous, breathtaking, and
life-transforming.

Winter Sleep

Drama
Aydin, a former actor, runs a
small hotel in central Anatolia
with his young wife Nihal,
with whom he has a stormy
relationship, and his sister
Necide, who is suffering from
her recent divorce. In winter
as the snow begins to fall, the
hotel turns into a shelter but
also an inescapable place that
haunts their emotions.

Regina Public Library Theatre
2317 12th Ave./306-777-6704

Fight of the Butterflies
Documentary
John Kunkin tells of millions
of butterflies on an amazing
journey to a remote hideaway
in the mountains of Mexico.

Island of Lemurs: Madagascar
Docu-mary

Join wildlife expert Patricia Wright
on her lifelong mission to help
endangered lemur survive in
the modern world. Narrated
by Morgan Freeman.



Matthew McConaughey and Vince Halliday (star in *Interstellar*) recently played at The Koolhaa.

Journey to the South Pacific
Documentary

Narrated by Cate Blanchett,
this is a jaw-dropping ad-
venture to the lush tropical
islands of remote West Papua,
where life flourishes above
and below the sea. Join Jawi,
a young Island boy, as he takes
us on a journey of discovery
to this magical place where we
encounter whale sharks, sea
turtles, manta rays, and other
rare creatures of the sea.

Interstellar

Sci-Fi
A group of explorers make use
of a newly discovered worm-
hole to surpass the limitations
on human space travel and
conquer the vast distances
prevalent in an interstellar voy-
age. Directed by Christopher
Nolan.

Koolhaa
2963 Powellhouse Dr

306-522-4629

#NEW MOVIES

The Way, Way Back

Thriller
A woman's [Jennifer Lopez]
sister often with a younger
man [Ryan Reynolds] takes an
obsessive, dangerous turn.

It Starts Magic

Family
A tale inspired by William
Shakespeare's *A Midsummer
Night's Dream*, problems, elves,
fairies and songs embark on a
magical adventure in hopes
of getting a powerful potion.
Based on a story by George
Lucas.

Mortdecai

Comedy
Armed with zed books and
special charm, debutant
actor Charlie Sheen

[Johnny Depp] traverses the
 globe searching for a stolen
 painting said to contain the
 code to a lost bank account
 filled with lost gold. Based
 on the novel *Death Point*. That
 thing at the by Karl Borge!

Galaxy Cinema
420 McCortley Blvd N
306-522-1058

Cineplex/Odeon
South/North Mall Cinema
3025 Gordon Ind., 306-585-
2383

**Saskatchewan
Cinema**
Galaxy Mile 2963 Powellhouse
306-522-1058

*Events listings are a free community
service offered by QC. Listings will be
printed if space permits. Please send
information via e-mail or your
preferred method.*

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

JANICE L. DICK

The 'why' of historical fiction

I've always loved history, especially Russian/Memnonite stories that relate to my ancestry.

As a kid, I listened to my parents, aunts and uncles reminisce about their childhoods in western Russia at school. I devoured Russian classics by Tolstoy, Dostoevsky and Pasternak. It took a long time for these elements to come together but in my midlife, I decided to write a novel incorporating those interests, for the sake of story but also as a means of preserving the past.

Although I had many scenes in my head, there was much to learn. I collected many books on the subject and also used the Internet extensively. Progress was slow: write, research, write, research, reorganize, etc., but I

enjoyed it immensely. The story eventually took on a much broader perspective than I'd first planned, and I ended up with three published novels: I call the Storm Trilogy.

After a fancy into contemporary fiction, I felt the need to return to the historical fiction genre. I'd heard of a Memnonite saga from westerners in Berlin/China that intrigued me. The story begged to be written, if only for my family and the readers I had garnered through the Storm books. And so began another fascinating journey: new characters, unfamiliar places and a plot filled with disaster and hope.

Yes, yes, for some of us, story is everything. My mind may not retain

cold, hard facts, but I will remember a story, the characters that related it and the places it took me to. That's a way to reveal and relate history through the lives of realistic characters. It takes a lot of research and hard work, but the reward is in the telling.

Other Side of the River tells of a group of people who flee western Siberia to escape the ever-tightening hands of Stalin's Soviet Union, as far as the borders of China along the Amur River. Placed by soldiers in public, personal and spiritual, Larion Lehtomaa and General Martens struggle to fulfil their dream of life together in a place of peace. Perhaps that place can only be found on the other side of the river.



Janice L. Dick



The first version of *Other Side of the River* is available at Amazon. For \$14.99 for \$39.99 the complete

e-book is priced at \$29.99 to \$39.99. For \$7.99. Or visit www.janicedick.com

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Credit Administrator

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Regina, Sask.

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318 121 1st Ave S
Regina, SK S4S 1T5

ON THE SCENE

REGINA & DISTRICT CHAMBER OF COMMERCE BLACK AND WHITE GALA

The stage at the Cusack Arts Centre was a sea of black and white as politicians and local business leaders gathered Friday night for the inaugural Regina & District Chamber of Commerce Master of ceremonies Victor Thorneau, at the request of Williamson, ensured the Black and White Gala maintained a fun atmosphere, encouraging plenty of cheers and applause.

Williamson told the audience she wants to direct the nation that the chamber is an old boys club. An underwear donor confided in the job of chair, the young, female owner of NWML, a popular downtown shop for contemporary, special-occasion dresses, said the board will embrace diversity to reflect the community.

Williamson replaces Regina accountant Brian Dayman as the chamber's chair.

QC PHOTOS BY BRYAN SCHLOSSER



1. The Chamber's new chair Nade Williamson

2, 3, 4) Chad McInnes, Kai Bourke, Brian Paul, and Rick Tonka

5. Tony Coppola and Glen Davies

6. Shirley and Larry Schneider and Beth Bonarick

7. Sandra Dayman and Joanne Kirsch

8. Annelyse Ghosh, Tony Penney, L. G. McNaught, Solomon Schofield, Snehraj Bhatia, Shafiq Pasha and Joanne Peng

9. Cloudenley Rose Hobbs, Heidi Mayhew Hobbs and Mercedes Hill

10. Sandy Baumgartner and Allyson McDonald

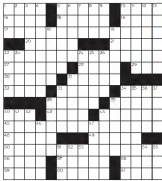
11. Lesley Sewa and Brad and Michelle Hunter

#CROSSWORD

NEW YORK TIMES *Edited by Will Shortz*

ACROSS

- 1 Honey
5 Told his interest
10 Corp. money source
16 Subject of a court
harpist
19 Spicy Indian cuisine
18 "Milk" character Martin
17 Hyperbole for an
in-laws talk
20 "The A" level
21 Writer... Reginald
to James
22 Common for
cousins (verb)
27 Coward known to David
28 Corn. as profit
30 Location alert
30 Five Gaudes's rise
31 Hacks
32 Spanish units
33 Rocky sounds
36 Pops in 1950s news
38 Wind
39 Niply boat
40 (Order for a 10) Down
43 Flamingo for a French
model
44 "Body Heat" director
Lorenson



ACROSS BY SUZANNA

- 45 Lattes for beauty
46 Intentionally mislead
48 Use M&M's for
50 Conks for decessions
56 Jokes of reality TV
57 Play the same
58 Many self-love
59 Jewels
60 Cheese shaves
61 Declaration that's
antithesis of
hush-hush
DOWN
1 Pinter imitates Big
2 Pict a slide
3 Titled as understood
4 Many Spanish America
at its
5 Tribal leader
6 "Lost Days" enter
house
7 Article in La Jolla
8 African village and
beach
9 "Cops"
10 (Poker dealer's name)
11 Literally "I believe"
12 Reporter's questions
asked orally
13 Open with "The
Music"
14 Many ground dogs
15 Lake near Reno
16 Men's sitcom
17 First of "Wild O"
23 Probably after "to"
24 Least fresh
25 Anger with ribs
26 Some buns for short
27 "Milk"
28 Pop music
29 Pops to stop and beat
the drums
30 Anniversary of British
classic and Marx
31 Many a British native
32 Top match
33 Red River de la capitale
34 Elmore's shortly
on partner
40 Not from show
41 "Call it"
42 Car engine
44 Gold standards
46 King Arthur's father
(pronoun)
47 Silly like Don
Cartman
51 Number after a
chronal cable
52 London's... Gardens
53 French friend
54 Ending with candy or
saw
55 Double 10 pointer
spread out

JANBIC
CLASSIC
SUDOKU

Level: Beginner

Fill in the blank cells
using numbers 1 to 9.
Each number can only
appear once in each
row, column and 3x3
block. Use logic and
process of elimination
to solve the puzzle.

The difficulty level
ranges from Beginner
(easiest) to Super
to Gold (hardest).



Solution to the
crossword puzzle
and the Sudoku can
be found on Page 16

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OUTSIDE THE LINES

Colouring contest

Each week, artist Stephanie McKay creates a timely illustration meant to please kids of all ages. Children can colour the pages, have a picture taken with the finished product and email it to ge@leaderpost.com. One winner will be chosen each week.

Please send high-resolution pictures and include the child's name and contact information.



Last week's QC colouring contest winner was Jackson Christopher. Congratulations! Thanks to all for your colourful submissions. Try again this week!



BACON
Portabella
MUSHROOM MELT
ON BRIOCHE

Warm, Melty Cheese,
Savoury Portabellas,
Crisp Bacon on Brioche



SHARPEATS

SASKATCHEWAN FOOD SCENE

Building a better local food network

By Jenn Sharp

What if a farmer's market came to you?

That's the concept behind Local and Fresh, a new website that can send Saskatchewan producers with customers.

Tam Shultz and Andrew Redwell have created a convenient way to get local food into kitchens and are helping to build a strong local food network in the province.

Local and Fresh began operating in December in Regina and provides an online grocery store with more than 400 Saskatchewan-made or grown products.

The quality and freshness of local hydroponic food is superior to what's found in the grocery store as it hasn't spent days in shipping and storage. The price is sometimes higher, but since the food is fresher, there's less spoilage and waste.

At Local and Fresh, growers can too sell the local food supply chain and that will help drive down the price, says Redwell.

The cost of industrial food continues to go up and at the same time the quality goes down. Our bet is that when we build this right, the quality stays the same but the price goes down for local food.

"We pay for what you get. Quality is a factor."

Shultz understands the challenges of reaching the local market from the producer side who operates the Gorman Ranch, a community supported agriculture business, near Regina. He knew the producer isn't always the best one to be marketing his own product.

"We're so tied into production it's hard to do both. A lot of farmers, the reason why they're farming, is because they want to be in the back ground doing the production but not the marketing."

He saw an opportunity to work for producers and help them reach the Saskatchewan market.

"We work in some ways losing it

HOW IT WORKS.

- Go to local.fresh.ca
- Register as a customer and provide credit card info
- Pick a delivery route: each neighbourhood is assigned a series of routes available to it (there's up to two different routes over several days of the week)
- Shop the store for 400+ products
- Choose to purchase online one time or to set up a recurring purchase
- Delivery is \$5 or \$9 per order over \$100
- Pick-up (\$5 charge) location is at City's Market in Harbour Landing; many locations will be added in the future
- You must order six days prior (the goal is to reduce the cut-off date to two days once inventory demands and supply chain strengths are established)
- Offered just in Regina, plans to expand to Saskatoon

OTHER LOCAL FOOD WEBSITES

- www.infocanfood.com
- www.localfood-wetask.ca/farmertable
- www.saskfoodshare.com

Local and Fresh owner Tam Shultz (from left) and Andrew Redwell with operators manager Devor Donchenko. Local and Fresh began operating in December in Regina and provides an online grocery store with more than 400 Saskatchewan-made or grown products. © Jenn Sharp

If we don't support it now it's hard for local producers to be able to consistently find enough market for them to grow (their business). And that keeps them small (and) makes it difficult for consumers to be able to get the local food that they want. We've created this vicious cycle that we hope to reverse with Local and Fresh."

Shultz uses his connections with producers to build the greatest list for Local and Fresh (there's up to 400 registered on the list).

Redwell says it's hard to go back to mass produced food after you've tried something grown close to home. "The quality of the food in the industrial food system has got to be bad."

Transparency between the consumer and producer is another key component to Local and Fresh.

"In our house, we call it 'Dad's carrots.' You've got a connection to the person who is producing the food that has been so lost in the grocery store," says Redwell.

"Our job at Local and Fresh is to really promote that story," adds Shultz. The two agree it's a natural move to expand to Saskatoon. They'd love to build a provincial food food network, especially given the high number of producers in the Saskatchewan area. But for now, they need to get it operating smoothly in Regina.

jsharp@leaderpost.com
Twitter.com/JennSharp



See a food trend you think deserves a highlight? Email QC@leaderpost.com or visit us on Facebook

WINE WORLD

SASKATCHEWAN WINE SCENE

Time to raise a glass of scotch to Robbie Burns

By James Romanow

Her name can either rile or stir
— Robbie Burns

As small the Poughkeepsie Post is right? We are approaching his death birthday.

If you haven't noticed, Burns is a poet who inspires an extraordinary amount of adults (but, as far as I know there were 17-year-olds) celebrated in Canada. Most who know Burns write about his poems and what not. Burns had the great good sense to rejoice in food and drink.

There will be a number of celebrations of his birth between here and February 24th birthday in Jan. 30 but the celebration hard to be held, said up to five weeks on either side of this basis of Scotland in Regina held their party last week on the 17th. Blackadder Pub has an evening worth attending on the 19th.

Part of the reason the Burns' enduring popularity is his love of scotch and hegin (what before you snuff at him, it's a message, and I don't know about you but I've never met one I didn't like.) If you can't make it down to the various celebrations lift a glass to Burns this weekend.

A good place to start is Lehighway Quarter Cook. It's a cask strength whisky (38 per cent)



that has gone through two barrel aging processes to refine and taste it.

Lehighway is a fairly extreme set of flavours, balanced by peat smoke. Quarter Cook keeps Lehighway's malty notes of scotch and so does, but the peat smoke is a little more than some of the Lehighway portfolio. It still has that famed peat but it is more approachable. If you're new to scotch whisky or just looking to branch out, this is a good place to start.

Lehighway Quarter Cook, 38%+
More wine on Monday's paper and as always on Twitter @jromanow.

Crossword/Sudoku answers

DAWG	SLURS	CFOS
PLEA	HUNAN	RIYY
ITYLL	AKARE	FOREVER
ELAMIA	ADRELA	
MAKEHASTERSLOWLY		
ATNGON	WRAP	BOB
SEINE	RILGH	
SEYS	MILRO	ROSA
ISM	HYPER	ELLIG
LOUN	ANTH	NASION
NOTUN	ATRA	CRATIVE
LYING	ARGAR	
ASTHIC	KASABRICK	
NENE	TEMP	ESAU
DEAR	SWISS	AHME

7	4	9	8	3	6	5	1	2
2	8	6	5	1	7	3	9	4
5	3	1	2	9	4	8	6	7
8	7	5	1	4	3	9	2	6
9	2	4	6	5	8	7	3	1
6	1	3	7	2	9	4	5	8
1	6	7	9	8	5	2	4	3
4	9	2	3	7	1	6	8	5
3	5	8	4	6	2	1	7	9

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with Park's Leading Stylist
Available until Feb. 28, 2010

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with Park's Leading Stylist
Available until Feb. 28, 2010

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